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INNOVATSION G'OYA
VA YECHIMLAR**

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PEDAGOGIKA FANLARI

CHARACTERISTICS OF IMPLEMENTING HEALTH-PROMOTING TECHNOLOGIES IN INCLUSIVE EDUCATION SETTINGS

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Abstract:

This article explores the features and significance of using health-saving technologies in inclusive education settings. With a focus on students with special educational needs, the article highlights how these technologies support both the physical and psychological well-being of all learners, ensuring access to safe, effective, and equitable education.

Keywords: health, health-saving technologies, inclusion, children with disabilities

INKLYUZIV TA'LIM MUHITIDA SALOMATLIKNI SAQLASH TEXNOLOGIYALARINI JORIY ETISHNING XUSUSIYATLARI

Turg'unova Nilufar Abdusalomovna

Filologiya o'qituvchisi, Guliston davlat universiteti

Guliston, O'zbekiston

Annotatsiya. Ushbu maqolada inklyuziv ta'lim muhitida salomatlikni saqlovchi texnologiyalarni qo'llashning xususiyatlari va ahamiyati o'rganiladi. Maxsus ehtiyojga ega o'quvchilarga alohida e'tibor qaratgan holda, maqolada bu texnologiyalar barcha o'quvchilarning jismoniy va ruhiy farovonligini qanday qo'llab-quvvatlashi, xavfsiz, samarali va teng ta'lim olish imkoniyatini qanday ta'minlashi ko'rsatib berilgan.

Kalit so'zlar: salomatlik, salomatlikni saqlash texnologiyalari, inklyuziya, nogironligi bo'lgan bolalar

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1. Introduction

Inclusive education aims to provide equal learning opportunities to all students, regardless of their physical, intellectual, or emotional conditions. A key component in achieving inclusivity is the application of health-saving technologies (HSTs), which are systems, tools, and methods designed to protect and promote students' physical and mental health within the educational environment. In the context of inclusive education, where learners with disabilities and special needs study alongside their peers, health-saving technologies play a critical role in minimizing risks, adapting the learning space, and promoting a healthy, supportive atmosphere for academic and personal development.

2. Understanding Health-Saving Technologies (HSTs)

"Inclusion" is a multidimensional conceptual construct, which adopts the model of diversity as a natural state of the individual. [1] It is based on socio-cognitive theory and

concerns the equal access and participation of all students, including SEN students, in the local school community. [2]

Health-saving technologies encompass a wide range of strategies and innovations used in education to maintain students' health, prevent disease, and foster safe learning conditions. They include:

- Ergonomic classroom designs
- Assistive devices (e.g., hearing aids, screen readers, wheelchairs)
- Psychological support tools
- Adaptive physical education programs
- Digital platforms with
- accessibility features

HSTs are not limited to equipment but also include teaching methodologies and organizational practices that reduce stress, encourage active participation, and promote a healthy lifestyle.

On the other hand, the development of successful inclusion practices, in the traditional classroom, requires the coordinated cooperation of researchers, teachers, parents and students, as well as the respective government policy, which must primarily invest in learning, providing the necessary educational resources and infrastructure, which will ensure them consistent accessibility to information and knowledge. [3]

3. Application in Inclusive Education Settings

In inclusive classrooms, the implementation of HSTs must be personalized and flexible to accommodate a wide spectrum of needs:

3.1 Physical Health

Students with physical disabilities may require:

- Wheelchair-accessible infrastructure
- Specialized desks and seating
- Regular physical therapy sessions incorporated into their school schedule

3.2 Psychological Health

Inclusive education environments can be emotionally challenging. HSTs here include:

- Counseling services
- Mental health awareness programs
- Safe spaces and relaxation techniques (e.g., mindfulness, sensory rooms)

3.3 Educational Accessibility

Digital HSTs ensure that learners with visual, hearing, or cognitive impairments can participate equally:

- Screen reading software
- Speech-to-text tools
- Customizable font and color contrast settings

4. Challenges in Implementation

Despite their benefits, HSTs face several challenges in inclusive settings:

- Lack of funding for specialized equipment or facility upgrades
- Insufficient teacher training in the use of assistive technologies
- Resistance to change from traditional pedagogical approaches

- Inadequate infrastructure in many schools, especially in rural or underdeveloped areas

Addressing these challenges requires policy support, professional development, and community involvement.

5. Benefits and Outcomes

The integration of health-saving technologies in inclusive education leads to:

- Improved physical and emotional well-being of students
- Higher academic engagement and performance
- Reduced absenteeism
- Increased teacher effectiveness and satisfaction
- Better social integration and peer relationships

These outcomes align with the goals of sustainable and inclusive development as outlined by global educational frameworks, including the UN's Sustainable Development Goal 4 (Quality Education).

6. Conclusion

Health-saving technologies are essential for the successful implementation of inclusive education. They ensure that learning environments are not only accessible but also supportive of every student's holistic development. Moving forward, educational stakeholders must prioritize the integration and expansion of these technologies to guarantee equitable and health-conscious education for all learners.

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